

FIRE EXTINGUISHERS

Storage areas of retail stores, hotels and restaurants are usually crammed with flammable materials. And consequently the possibility of fire is ever-present.

This being the case, fire extinguishers play an obvious role in your safety program, and you should have positively clear answers to these questions.

- Q. Do you know where all the fire extinguishers are in your place of employment?
- Q. Do you know the various types of fires they are designed for?
- Q. Do you know how to use them?

If your answers to these questions are uncertain, clear up your doubts TODAY. If you don't, you may wind up like the worker who spotted a small fire under a work bench. He ran for a portable soda-acid extinguisher, took it from the rack, and placed it over his shoulder, top down.

The soda and acid were mixed and the resulting pressure expelled all the water before he reached the fire. To make matters worse, he slipped in the water and hurt his back. Then, thoroughly soaked and injured, he left the fire fighting to a fellow worker who did know something about extinguishers.

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*Alberta
Workers'*
**WORKMEN'S
COMPENSATION
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NEWSLETTER**



DANGER: USED BATTERIES

Mercury dry cell batteries -- the kind in portable radios, flashlights and hearing aids -- can explode forcefully, especially after they are spent, report engineers at Union Carbide.

Here are 6 precautions for this modern hazard:

1. Never throw a spent battery in a fire or waste container whose contents might be burned.
2. When a battery becomes too weak to do an adequate job, remove it from the equipment, and discard it immediately.
3. Store batteries in a well-ventilated place and discard any which are older than the "place-in-use-before" date stamped on them.
4. After removing batteries from equipment, place tape across the end terminal to prevent accidental short circuit or replace the battery in its original cardboard container.
5. To discard, submerge the battery in water and pierce the steel jacket of each cell to prevent accumulation of pressure.
6. Deposit the harmless battery in a garbage container where it can be carried away. Don't burn it at home, for it contains mercury which could spread toxic vapors.

"LIFTABILITY"

Accidents in manual handling of materials result primarily from unsafe working habits such as improper lifting, carrying too heavy a load, and incorrect gripping.

Physical differences make it impractical to set up safe lifting limits for all workers. However, sustained attention to these basic principles will surely avoid most lifting and transporting accidents.

* When you are going to lift a heavy object and carry it to another area, inspect the route over which it is to be carried, making sure there's no obstruction or spillage on the floor.

* Next, decide how to grasp the object, avoiding sharp edges and slivers. If the object is wet or greasy, wipe it dry so that it won't slip from your grasp.

* Make a preliminary "lift" to ensure the load is easily within your lifting capacity. If it isn't, secure help.

* Set your feet solidly well apart, with one foot slightly ahead of the other. In some cases, it may be easier to go down almost to the floor on one knee while keeping the other leg bent.

* Crouch as close to the load as possible, with your legs bent at about a 90-degree angle at the knee.

* Keep your back as straight as possible. It should not be arched.

* Get a firm grip on the object, lifting one end slightly, if necessary, to get one hand under it. Grip the load so that it won't slip while you are lifting or carrying it.

* To lift the object, straighten your legs, keeping your back as straight as you can.

These are the simple steps to "liftability" and trouble-free backs -- both on the job and at home.

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THINK ! KNOW ! DO !


Safety is a big subject and takes in a lot of territory. There are rules and regulations, protective clothing and equipment of various kinds, posters and meetings.

But all these add up to very little by themselves. This business of safety is squarely up to you.

For after all's been said and done, safety depends on just three things: What you THINK about it. What you KNOW about it. What you DO about it.

Accidents can happen faster than you can act, but you can keep ahead of them by THINKING.

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